



CAPTAIN'S CRUNCH TIME

DESPERATE FOR A WIN, FLYERS CAPTAIN CLAUDE GIROUX LEADS PHILADELPHIA TO WIN OVER THE ISLANDERS

PAGE 17

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

Sharon H.Boyce • Jan. 26 • Collingwood



\$3.5 million winner

LONDON

metro®

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

Tuesday, February 19, 2013



COOL AS ICE

Travis Shaw, 20, of London, laughs off a fall on Monday during the CN Community Skate at Victoria Park. Skate Canada and CN invited Londoners to catch some ice time and meet members of the national figure skating team who will be competing from March 11 to 17 during the World Figure Skating Championships at Budweiser Gardens. For a photo gallery of the event, go to metronews.ca. ANGELA MULLINS/METRO

Clinic site unsuitable: City report

Proposed methadone clinic. Several groups say Wellington Road site is too close to school



ANGELA MULLINS
angela.mullins@metronews.ca

Politicians should reject a request to open a methadone clinic on Wellington Road, city staff say.

The clinic — pitched for a former paint store at 527 Wellington Rd. — would be too close to Sir G.E. Cartier Public School and doesn't have enough parking, planners say. Their report will be presented on Tuesday during a special planning committee meeting.

The Thames Valley District School Board and a host of nearby residents have been lobbying city hall to stop the centre since Hamilton-based Towards Recovery Clinics filed requests for rezoning and exceptions to city rules in the fall. City rules require that methadone clinics be at least 300 metres from schools and certain other kinds of buildings. Based on straight-line measurements between properties, planners say the Wellington Road clinic

At an impasse

- Under city rules, officials say more than 800 properties could be used for a methadone clinic.
- Towards Recovery Clinics disputes the claim. A real-estate broker hired by the company says many of the sites aren't suitable because they are on private property, such as the Western Fair District; too small to handle a clinic; and already occupied or don't have enough parking.

would be 250 metres from Sir G.E. Cartier. Officials at Towards Recovery say the clinic would be 387 to 453 metres away, "based on varying walking routes." That attempt to "justify" the site based on walking distance doesn't pass muster, the staff report says.

The clinic would have 21 parking spaces but needs 28, based on the building's floor space, planners say.

Towards Recovery officials argue that more than 25 per cent of the building won't be used and will be separated from the clinic by a permanent interior wall. That, city staff say, would require ongoing monitoring of the property.



MY VISION
IS WORTH
\$_____.

We know your vision is priceless.

But it doesn't have to be costly.

Say goodbye to glasses and contacts with laser vision correction **starting at \$490/eye***

Find out how we do it at lasikmd.com
Free consultation: 1-855-895-2020

LASIK MD
VISION

*Prices are subject to change without prior notice and are not guaranteed. Results may vary. Other conditions may apply.

Speech is 1st major test for Wynne

Watch the provincial throne. Tuesday's address is also a confidence motion

Premier Kathleen Wynne will face her first major test in the top job when her government's throne speech is unveiled Tuesday.

Read by Lt. Gov. David Onley, the speech outlines the government's agenda at the start of the legislative session.

It's also a confidence motion, which means it could trigger an election if both opposition parties vote against it.

But Wynne has promised that there will be something in the speech for the Progressive Conservatives and New Democrats.

She says her talks with Opposition Leader Tim Hudak and NDP Leader Andrea Horwath have been productive, but that doesn't mean there won't be bumps in the road.

Wynne says it's up to them to decide if they want to work with the minority Liberals to make the parliamentary work.

"I know that there will be issues that we're going to have to deal

with, and I know that there will be points of friction," she said last week.

"But I also know that the people of Ontario want this government to work, and so I'm going to do everything in my power — we're going to do everything in our power — to make that the reality."

The New Democrats have already given Wynne a list of measures they want her to implement.

They include a 15 per cent cut to auto insurance premiums, \$30 million to eliminate home-care waiting lists and institute a five-day guarantee for seniors who need health services at home.

Horwath also wants Wynne to close \$1.3 billion in corporate tax loopholes, spend \$200 million to create jobs for youth and call a public inquiry into cancelled gas plants.

It's one of the political land mines Wynne has inherited that sparked a rare contempt of Parliament motion against former energy minister Chris Bentley.

The motion was killed and the legislative committee examining the cancellations was shut down when former premier Dalton McGuinty prorogued the legislature in October.

THE CANADIAN PRESS



Bud Gardens. Profits above estimate, but earnings dip

Budweiser Gardens saw net earnings of \$198,808 last year — \$43,000 more than budgeted but the lowest number posted since it opened.

The facility funnelled \$465,459 into city coffers as a result of operations and ticket surcharges. About 645,200 people bought tickets for events.

Despite the earnings dip, Budweiser Gardens continues to outperform expectations, deputy city treasurer Mike Turner says.

Paid attendance was expected to average between 350,000 and 400,000 with net proceeds of \$169,563 to the city for the facility's first 10

Debt repayment

2023

Debt taken on to build the facility stood at \$19.7 million at the end of 2012, Turner says in his report. The final payment will be made in 2023.

years, a report headed to a Monday city committee meeting says.

The city's share of proceeds will increase to 70 per cent this year. It got a 20 per cent cut for the venue's first five years and 45 per cent for years six to 10.

ANGELA MULLINS/METRO



Not afraid to slide into Family Day fun

Emma Wilcox, 7, of Fingal, rolls off an inner tube Monday after crossing the finish line of Boler Mountain's tubing course. The ski club opened the course for special hours to mark Family Day and was met with a capacity crowd of families from across the London area. ANGELA MULLINS/METRO

Woodstock trafficking

Local man charged after crack cocaine seized in drug bust

Woodstock police have charged a London man following an investigation into the trafficking of crack cocaine in Woodstock.

Everton Brown, 45, has been charged with possession of a controlled substance, possession of a controlled substance for the purpose of trafficking, possession of property obtained by crime and resisting arrest.

Police also seized crack cocaine with a street value of around \$600 and some cash. AM980/AM980.CA

No injuries

Driver strikes police cruiser, accused of DUI

A Port Stanley woman has been charged with impaired driving after a parked London police cruiser was struck Sunday.

At 3:45 p.m., an officer was sitting in his parked cruiser on Ferndale Avenue near Homeview Road when a passing motorist struck the rear driver's side of his cruiser. The officer went to speak with the driver and determined she was drunk, police said. There were no injuries.

Agnes Verhoeven, 64, has been charged. METRO

Sidewalk collapse

Altercation was not cause of death: Coroner

More information has been released after a man collapsed and died near the Dundas-Richmond intersection Friday.

The officers who attended the scene were told that, moments before his collapse, the man was involved in a physical altercation with another man.

The coroner has not determined the exact cause, but is satisfied that the altercation was not responsible for the death. AM980/AM980.CA

NEXTBOX 2.0

CHANGING THE FACE OF TV AGAIN.

DIGITAL PLUS TV
EXPRESS INTERNET &
FREE NEXTBOX 2.0
HD PVR RENTAL FOR
\$82 ^{39/MO¹}
for 6 months
\$135.54/mo thereafter
Includes all monthly fees.

WITH NEXTBOX 2.0, NOW YOU CAN TAKE
TOTAL CONTROL OF YOUR TV WITH YOUR TABLET.²


- Easily search through our new, enhanced TV listings guide
- Set and manage your PVR recordings from anywhere
- Watch tons of live TV channels right on your tablet from anywhere in your home
- Do it all with Rogers Hi-Speed Internet's blazing fast Wi-Fi
- Already have a NextBox™ 2.0? Just download the app to get started

CALL 1 855 511-8781 | CLICK.ROGERS.COM/NEXTBOX | VISIT YOUR LOCAL ROGERS RETAIL STORE

action ENTERTAIN
NEW RELEASE LIVE
ANYPLACE STUNNING
WATCH FUTURE
MOVIES FREEDOM
NEXT SPORTS ENTERTAIN
breathtaking LIVE
ANYPLACE CONVENIENT
WATCH FUTURE
MOVIES cable EASY
STUNNING MOVIES
NEW RELEASE
FAVOURITE EXCITING



Offer available for a limited time within Rogers cable service area (where technology permits) to new customers in Ontario only and subject to change without notice. 1 Taxes extra. Includes Digital Plus TV (including NextBox 2.0 HD PVR rental) service and Express Internet (including modem rental) for 6 months. Regular monthly rates for each service will apply thereafter (including for modem and HDPVR rental or purchase) and are subject to change. Current regular rate \$135.54/mo. An installation charge of \$49.99 and activation fee of \$14.95 also apply. TV portion includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1% of the recurring TV monthly service fee. 2 Rogers Anyplace TV Home Edition only available in Ontario to Rogers customers with a My Rogers account, consolidated billing, and select HD digital set top boxes (8642 HDPVR, 4642 HD, 8300 HDPVR and 4250 HD). Customers must download the Rogers Anyplace TV Home Edition app from applicable app store (free to download). Wireless data charges deducted from usage allowance or at pay per use rate for set/manage/record and remote control features outside of Wi-Fi. Live streaming feature (currently only available on tablets) only available within your home over your own Wi-Fi connection and requires subscription to Hi-Speed Internet (Lite tier and above) and Rogers Digital TV (excluding Digital Starter Pack) and a compatible iPad or Android tablet. Internet usage deducted from your usage allowance or charged at per GB rate for your tier. Live TV content selection is limited. Visit Rogers.com/GetAnyplaceTVHome for full details. © 2013 Rogers Communications.



Dr. Alan Bates.
Psychiatry Resident
and President
of the Vancouver
Street Soccer
League

VANCOUVER, BC

Game Changer

When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games – sometimes in international tournaments – has been incredibly beneficial for the lives and health of the players in the nine-team league. "The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It's amazing what a difference these games make." **DOCSFORPATIENTS.CA**

Canada's Doctors. Innovating for Patients.



ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION

Photo: Sugino Studio Creative: Scott Thornley + Company STCworks.ca

Knights sink Erie Otters

London Knights defenceman Olli Maatta moves toward the net during Monday's 8-1 win over the Erie Otters at Budweiser Gardens. Max Domi led the way with three goals and an assist. Alex Broadhurst, Matt Rupert, Bo Horvat, Nikita Zadorov, and Josh Anderson also scored for London. J.P. Labardo had Erie's goal. London outshot Erie 39-24, as Anthony Stolarz picked up the win. **ANGELA MULLINS/METRO**



A hundred C-notes? Make that a quad

100 Women Who Care. Group of local donors quadruple expectations less than six months into effort



ANGELA MULLINS
angela.mullins@metronews.ca

Londoners Twee Brown and Susan Nickle set out with a simple goal last fall: Find 100 women willing to open their hearts and chequebooks for local charities.

They got four times that – and counting.

"There's something about London that (has made) this really strike a chord," said Nickle, 44. "It's the size of our city, it's the high level of commitment to raising awareness about and supporting local causes."

Nickle was inspired to create the London chapter of 100 Women Who Care after hearing about the inaugural meeting of Toronto's group. Bringing Brown on board as a co-founder, the women were

off to the races in a matter of weeks.

"We were confident we (would be) able to get 100 women. We were hopeful we would get 150," said Brown, 40. "By the first meeting, we had 307 members."

Since that October meeting, the group has donated a combined \$68,000 to two London non-profits and raised awareness about many more charities operating in their backyards.

Plus, "we're getting a new member every two or three days," Brown said.

Word about the group's power is spreading around the globe, Nickle said. When it started, London was the second Canadian chapter of 100 Women Who Care.

Now groups are springing up across Ontario, being planned in Halifax and inquiries have come from as far away as Australia.

The "momentum," as Brown calls it, can be attributed to Londoners' overall approach to giving.

"Part of the success, I think, is the attitude and the charitable sort of philosophy

How it works

- Each person who joins 100 Women Who Care signs a commitment to donate a combined \$400 a year to four different charities.
- The group meets quarterly and members drop the name of a charity they would like to see helped into a hat.
- Three charities are chosen at random and a person who suggested it makes a presentation.
- After the presentations, the group votes. Members then write \$100 cheques to the charity that comes out on top.
- To learn more, visit 100womenlondon.com.

of people here in London," she said. "It speaks very highly for Londoners and how much they want to give back to their community."

St. Thomas/Elgin

Fanshawe campus gets donation

Fanshawe College has received a private donation of \$585,000 from the Estate of Dorothy Palmer that will enable the college to offer both welding and power-engineering training at its St. Thomas/Elgin campus. **METRO**

londonsportscouncil.ca

Pick your London sports hall-of-famer

Nominations are now being accepted for 2013 induction into the London Sports Hall of Fame. Nominations must be submitted by Feb. 28. **METRO**

School report. Catholic rate 6.3 overall, public 5.8

The grades are in for the province's elementary schools in the annual Fraser Institute report.

The report's overall rating out of 10 based on the school's performance is evaluated on nine indicators, all coming from the provincewide tests of reading, writing and mathematics in grades 3 and 6.

Peter Cowley, director of school performance studies and co-author of the report, said that some elementary schools in London have seen improvement year over year. "Blessed Kateri and St. George's have both improved in the statistically significant sense over the last five years," he said.

Westmount, Holy Family

Quoted

"If (schools) are lower performing, the parents are going to be the ones who are going to be strong advocates for improvement. They are going to say, 'Look why is it that these other schools in the area are doing so much better than we are.'" Peter Cowley

and St. Bernadette are just some of the schools that also saw improvements overall in the past five years in the report. **AM980/AM980.CA**

At least 3,000 children died in residential school system

Hard facts emerge.

Disease the lead killer, ahead of malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented in the residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-1919 also took a devastating toll: In one grim three-month period, the

The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" aboriginal peoples.

disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many kids were physically, mentally and sexually abused. Some committed suicide.

Some died fleeing their schools, including four boys —



A tin grave marker of a student from St Joseph's Indian school in Chapleau, Ont. ALEX MAASS, HANDOUT/THE CANADIAN PRESS FILE

two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the numbers only fell off dramatically after the 1950s, although some

occurred into the 1970s.

In fact, Maass said, student deaths were so much part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which abruptly stopped in 1917.

"It was obviously a policy not to report them," Maass said.

THE CANADIAN PRESS

Recruitment fund

Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police and could stretch existing resources across the country, law enforcement officials say.

The \$400-million Police Officer Recruitment Fund was set up in 2008 with the goal of adding 2,500 officers.

Chief Stephen Tanner, president of the Ontario Association of Chiefs of Police, predicted difficult times ahead as the funding ends.

He pointed particularly to shortfalls in aboriginal policing. Eleven officers will likely be cut from the 150-strong Nishnawabe-Aski Police Service, which polices impoverished small towns in Ontario's north.

"They may have to withdraw their services from one or two small communities," Tanner said.

That would place further strain on the OPP at a time when it's looking at cutting 125 officers, he said. He added that the force is already under the number required.

THE CANADIAN PRESS

TAX SAVINGS WORKING FOR YOU

Helping create jobs and growth for Canadians.

Hiring Credit for Small Business



Up to **\$1000** on EI premiums

Children's Arts Tax Credit



Up to **\$75** per child

Family Caregiver Tax Credit



Up to **\$300**

First-Time Home Buyers' Tax Credit



Up to **\$750**

Tradesperson's Tools Deduction



Up to **\$500** from income

Take advantage of these and other tax savings. File your return online and get your refund faster.

Visit cra.gc.ca/TaxSavings



Government of Canada

Gouvernement du Canada



Canada

Thousands protest in Pakistan after Shiite-targeted bombing kills 89

Sectarian attacks. Latest in a string of violence against Muslim sect sparks outrage against government inaction

At least 15,000 Shiite Muslims took to the streets in south-west Pakistan on Monday in a second day of protests following a bombing that killed 89 people. Relatives of the victims refused to bury their loved ones until the army takes action against the militants targeting the minority sect.

Meanwhile, militants wearing suicide vests and disguised as police officers attacked the office of a senior political official in northwest Pakistan, killing six people, police said.

Pakistan has been besieged by militant attacks in recent years, many of them carried out by the Pakistani Taliban, who have been waging a bloody insurgency against the government. Radical Sunni militant groups have also increasingly targeted the country's Shiites because they do not view them as real Muslims.



A police officer grieves Monday outside a hospital over the deaths of his colleagues killed in a bombing in Peshawar, Pakistan. Militants disguised as police officers attacked the office of a senior political official, killing several people, officials said. SOHAIL IQBAL/THE ASSOCIATED PRESS

Many of these sectarian attacks have occurred in south-west Baluchistan province, which has the largest concentration of Shiites in Pakistan. Many are Hazaras, an ethnic group that migrated from Af-

ghanistan over a century ago.

The bomb that ripped through a produce market Saturday in Baluchistan's provincial capital of Quetta was the second mass-casualty attack targeting Shiites in the city in

a little over a month. A double bombing of a billiards hall in January killed 86 people.

The death toll from the most recent blast, which was caused by a bomb hidden in a water tank, rose to 89 on Mon-

day after eight people died of their wounds, said Baluchistan's home secretary, Akbar Hussain Durrani.

Outrage over the attacks has grown in Pakistan, and protests were held in over a

half dozen cities Monday in addition to Quetta. But it's unclear whether the demonstrations will spark action that will make the Shiites any safer.

THE ASSOCIATED PRESS

Government criticism

Rights groups have criticized the government for not doing enough to crack down on the attacks.

- They explain this apathy by pointing to past connections between the country's military and anti-Shiite militants, and also allege the sectarian groups are seen as less of a threat than the Taliban because they are not targeting the state.
- Despite this criticism, the Shiites in Quetta see the Pakistani army as their only potential saviour and are demanding the generals be given control of the city. They blame the provincial government and police for failing to protect them.

Round-the-world journey ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in a blog, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Jerry Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.



British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week in a road accident during their round-the-world cycling odyssey. JERRY ROOT/THE ASSOCIATED PRESS

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

The couple had been posting photos and details of their trip on the website Two on Four Wheels. They also had many followers on Twitter and Facebook who were tracing their journey, which included a trip through re-

mote parts of Central Asia.

A video they posted from that part of the journey shows them camping in the desert, riding through hills, stopping to swim in rivers and lakes, and braving heavy snowstorms. They also cycle through tense situations as armed conflict breaks out during their journey through Tajikistan.

THE ASSOCIATED PRESS



Mired up in expectation

A woman caked in mud takes part in a presentation during the inauguration of the National Meeting of Rural Women in Brasilia, Brazil, Monday. The four-day event aims to discuss the issues of violence against women and exploitation of women in rural areas.

ERALDO PERES/THE ASSOCIATED PRESS

Russia

Scientists recover meteor fragments

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk city on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS



Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia on Monday. THE ASSOCIATED PRESS



Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time on Monday, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to rival McDonald's. Some posts from the account contained racial epithets, references to drug use and obscenities. Burger King hopes to have the account back up soon. THE ASSOCIATED PRESS

Can PlayStation 4 put some life back into home gaming?

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's yet to be any official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities, they say, like the PS Vita. It could allow more than one user to log in at the same time. It will likely have a more advanced motion support system, and be able to stream games and content.

One thing is a fact: PlayStation 4 will represent Sony's attempt to put some interest back

Quoted

"They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub."

Scott Steinberg, gaming industry consultant

into the home gaming market and to quash rivals Nintendo and Microsoft once and for all, especially in the U.S.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg,

a gaming industry consultant.

Manufacturers need to consider the online multi-player experience, Steinberg said, as well as include more free-to-play games, provide more digital downloads and think about what sort of signature franchises — games that won't be available on any other console — they want to provide.

"It's not like every system doesn't deliver top notch experiences, but if you look at where Microsoft really scored, it was by delivering premium multi-player experiences, a variety of digital media — not just games — and top notch, premium, what we call in the industry triple A franchises," Steinberg explained.

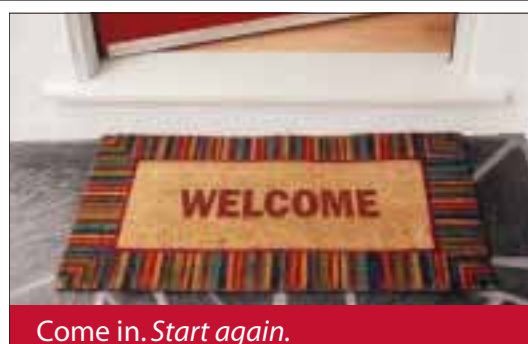
MICHELLE CASTILLO/
METRO WORLD NEWS

Bombardier. Electric buses to be tested in Montreal

Bombardier's electric transit technology will be tested next winter on buses in Montreal, and then in early 2014 on an urban route used by passengers in the German city of Mannheim.

The transportation giant's Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

THE CANADIAN PRESS



Come in. Start again.

Debts spinning out of control? Feeling overwhelmed?

We're here for YOU. For a FREE financial assessment, meet with us and learn about our solutions. Learn how you can stop the collection calls, protect your assets, make one manageable payment on debt and **start again.**

519.310.FREE
or visit us at www.mclay.ca



Helping people throughout Southwestern Ontario with debt relief for over 20 years.

Focus groups pan Ottawa's pro-energy ads

Taxpayer-funded PR. Federal campaign to cast resource industries in a positive light needed tweaking, report shows



This web page, found on actionplan.gc.ca, outlines what the Harper government calls its Responsible Resource Development campaign.

THE CANADIAN PRESS

Focus-group testing on what the Harper government calls its Responsible Resource Development campaign found the advertising to be light on facts but uplifting and patriotic, according to a government-commissioned study.

The fruits of that taxpayer-funded labour will again be on display this spring as a second wave of ads — designed to persuade Canadians of "the importance and impact of Canada's energy sector" — hits the air.

Natural Resources Canada has budgeted \$9 million in the current 2012-13 fiscal year for ads that show a cross-section of resource in-

dustries in a job-friendly and environmentally sensitive light. It's a carefully calibrated exercise.

Last summer, NRCan hired Leger Marketing to fine-tune the government's proposed advertising campaign. The Leger report, posted last week by Library and Archives Canada, details how original concepts for the ad campaign failed to impress a dozen focus groups spread across six Canadian cities.

THE CANADIAN PRESS

Greece

Man released after attack on mine

A Greek prosecutor ordered the release Monday of a 54-year-old man hours after he was arrested in connection with an attack on a Canadian-owned gold mining operation in which about 40 masked intruders torched machinery and vehicles. He'd been arrested for "moral instigation" of the attack due to his contributions to an anti-mining blog.

Opposition to the Skouries mining project in Greece's Halkidiki peninsula runs deep. The mining company, Hellas Gold, is 95 per cent owned by Vancouver-based Eldorado Gold Inc. THE ASSOCIATED PRESS

Brussels

EU places sanctions on North Korea

EU finance ministers, condemning the Feb. 12 nuclear test by North Korea, have imposed trade and economic sanctions on the Asian nation and demanded it abstain from further tests.

THE ASSOCIATED PRESS

CAREER TRAINING

Pursue Career Training as a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences

www.EverestToday.ca

Call Now for More Information!

1-866-777-7844

LONDON
(Citi Plaza, 2nd Floor, corner of Wellington & York)

16 CONVENIENT LOCATIONS IN ONTARIO

Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually

Everest COLLEGE

BUSINESS • TECHNOLOGY • HEALTH CARE

Programs and schedules vary by campus • Morning and afternoon classes available

Career services assistance available to graduates

Financial assistance may be available for those who qualify

GOD BLESS AMERICA AND ITS UNLIMITED BREAD STICKS



SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists and yet, somehow I recently found myself

at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

Made in America

Walls were lined with black and white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep dish bowls of cheese ravioli. When our eager-to-please server arrived I noticed that she was wearing a green button emblazoned with the word 'hospitaliano,' a portmanteau describing the chain restaurant's unique brand of faux-Italian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a sadistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their mason jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat in order to help myself slide out of my seat.

As I lurched out of the restaurant the crowds were continuing to stream in. My inner foodie cringed and yet I had to admit, there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just \$11.95 US.

Follow Jessica Napier on
Twitter @MetroSheSays



The Truman Show – beach edition



SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. **METRO**

Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature inside.** 26 C — compared to outside — 20 C.



A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.

SEAN GALLUP/GETTY IMAGES



Twitter

@onterrioh:

Family Day, my favourite holiday... right up there with Mother's Day & Father's Day. #MajorSarcasm #BitterBetty

@Gnarll8z:

When a 2.5 yr old leaves you a voicemail asking if she can borrow Finding Nemo... Well, saying no isn't really an option.

@RMaitlandW:

February: The month of made up holidays.

@orangeheromama:

Hey iPhone friends, what do you use for screen shot/capture? I want something for use in instagram..

@MelRaeStewart:

Monday represents a fresh start to the week. It is the day where the slate from the previous week is wiped clean. It is a day of new...

@poli4dummies:

Snow everywhere, roads are grey with salt, sun is bright yet its Hazy. Weather today reminds me of movie The Book of Eli #LdnOnt



A change from chain restaurants. JESSICA NAPIER/METRO



Register at metropolitanpanel.ca and take the quick poll

Do you fear a meteor strike?

50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE



50%
YES, AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT

0%
NO, THERE'S MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES

DVD review



Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. *Argo* tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — *Argo* is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

Holy Motors

Director. Leos Carax

Stars. Denis Lavant, Édith Scob, Eva Mendes

Writer/director Leos Carax salutes cinema by zooming us through the sun and neon of one frantic Paris day, inside a white stretch limo in with a chameleon known as Monsieur Oscar (Denis Lavant). *Destination?* Unknown, even after we arrive. But there are many stops — or rather "appointments," organized by his impeccably dressed and fabulously discreet chauffeur, Céline (Édith Scob). Oscar uses the limo's on-board dressing room to assume various guises, saluting different movie genres: some violent, some romantic, some bat-dung crazy. Take *Holy Motors* too literally, and you may be disappointed. But let yourself go and enjoy the long, crazy car ride and you will appreciate Carax's pointed and punning metaphor for the changing face of film across the decades.

PETER HOWELL



Four eligible bachelors compete to win the affection of one woman through wine, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class.

Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups



Wilder Weir wants you to put down that smartphone. TORSTAR NEWS SERVICE

Wilder Weir, host of *Oh So Cosmo* and an eligible bachelor on the upcoming W Network series, *Come Date With Me*, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of *America's Most Wanted* and are worried your face is going to end up on

the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend (who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because

that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever getting back together."

Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from *Toddlers in Tiara's* and turning yourself into a sexual Hiroshima. I've actually had the unfortunate experience of dating a few sloppy drunks in my day. This one girl basically turned into the conga line dancing

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

corpse from *Weekend at Bernie's* after one too many Mai Tais. Most people enjoy a few drinks to relax and help break the ice, but know your limit. There's a fine line between flirty and tipsy versus drunk and stumbling. Hey, getting drunk is fun so have a great time, but if it's TOO MUCH fun, in the end, your date might see you as someone to party with rather than a serious relationship.

Setting sky high expectations

Nothing puts you in the "friend zone" faster than talking about your three, six, nine month relationship plan or sharing intimate details, such as: your biological clock is ticking and your ovaries are like bloodhounds sniffing out the next insemination artist in the room. Go in with an open mind. Don't rush to put everything out there. If you hit it off, you'll have lots of time to get to know each other. Try not to take the first few dates too seriously. Have fun! **METRO**

Cult creator no stranger to dealing with obsessed fans



Cult premieres on CTV Two tonight. HANDOUT

New series. Rockne S. O'Bannon, the man behind *Farscape*, used his experiences with that show to inspire his latest project



NED EHRBAR
Metro World News in Hollywood

The new mystery series *Cult* follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called ... *Cult*. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits.

"It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that."

"But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and *Farscape* creator O'Bannon is no stranger to obsessed fans,

Staying close to home

Cult marks another CW series for star Matt Davis, whose *Vampire Diaries* character, Alaric, bit the dust at the end of last season. Luckily, the network had another role in mind for him. "I knew that they were going to write Alaric off the show, and I called my agents to let them know that I needed to find another job. And they sent me a few scripts over the weekend, one of which was *Cult*. And it was clearly the best one of the bunch, and it really spoke to me on a lot of dimensions," he says. The producer felt the same about Davis, making

him an offer for the role right away. The only wrinkle came in coordinating schedules between the two shows. "I was shooting the final scenes of Alaric dying one week, flew to Vancouver to shoot *Cult*, came back to shoot Alaric dying again for the finale," he remembers. "So that was a strange overlapping effect that was only made possible due to the efforts of both productions being gracious enough to make it happen. It felt very synchronistic. It felt right. It just sort of all fell together at the last minute. And I'm very blessed that it did."

he admits.

"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says.

"It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more.

For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of

the fictional *Cult*. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on his resumé, like the 1995 TV movie *Deadly Invasion: Killer Bee Nightmare*.)

"From our perspective, there is nothing too meta," O'Bannon says.

"For me in creating *Cult*, one of the things that I really got excited about was how to create a visceral experience for the audience and really try take the glass away from between the television show and the audience, take away that control."

"So to me, the very fact that the creator of the show, Steven Rae, inside the show is Steven Rae, part of the fun of it is the fact that we're actually incorporating what normally

Quoted

"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up"

Cult creator Rockne S. O'Bannon

is the return of the audience back to the real world and keeping that as part of the entertainment. So I'm hoping that the audiences will hook into that and kind of go along for the ride."

But is there any fear of life imitating art, of *Cult* fans becoming obsessed enough with the show to start acting out like the fans of the show within the show?

While that would suggest some intense ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched.

"We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.

When asked if the network has a contingency plan for a rash of *Cult*-inspired kidnappings, O'Bannon's answer is refreshingly simple: "No."

Power to the people

Cameras and Plague.

Oscar-nominated docs capture moments in history recorded by ordinary citizens

The Oscar-nominated features 5 *Broken Cameras* and *How to Survive a Plague* represent documentaries in the truest, purest form of the word: they capture a spark, a moment in history, and they make us feel as if we were there, too.

Both films were shot by regular people who happened to be witnessing an uprising. They're by amateur photographers who had the foresight to record everything from the mundane moments of their daily lives to scenes of violence, upheaval, death and eventually some sort of victory.

5 *Broken Cameras* is a collaboration between Palestinian farmer Emad Burnat and Israeli director Guy Davidi featuring years of footage Burnat shot in his occupied village of Bil'in. Each of the five cameras was destroyed in the midst of protests or gunfire; one still has a bullet lodged in the lens.

Plague is a collection of archival footage from the late 1980s and early '90s, as members of the New York-based AIDS Coalition to Unleash Power (ACT UP) fought to find a cure for the disease as it quickly spread and claimed millions of lives. Director David France, was in the middle of many of these boisterous planning meetings and theatrical demonstrations.

Burnat of 5 *Broken Cameras* said he felt it was his responsibility to depict the fight for territory through his own eyes.

He watched his brothers get arrested and friends get shot by Israeli military, even though he knew it was dangerous to ven-

Investigative art

AJ Schnack, founder of the Cinema Eye Honors for non-fiction filmmaking, where both of these movies were recent winners, views the approach these films take as an extension of the kind of long-form investigative journalism that television networks don't do as much of anymore.

ture into it all with his camera.

"My goal is to show the world and to spread the film and to change people, to change the situation. So this was important for me."

Burnat sought out Davidi, who shaped the film and wrote the narration, because he knew him as an Israeli peace activist. Together, the two aimed to craft a documentary with no political slant or judgment.

Davidi spent a year and a half editing from 900 hours of footage that Burnat and a few others had shot before bringing in French editor Veronique Lagoarde-Segot to help fine-tune the narrative.

The people whose video appears in *How to Survive a Plague* similarly wanted to share their story with the world. France said the photographers had a number of motivations, from filling in the gaps of traditional media reporting to documenting when police were excessively rough during demonstrations to capturing quiet moments with loved ones before they died.

"It was a true witness-bearing," said France, who spent two years cutting the film. "You also see in those scenes how comfortable people were on camera because the cameras were always present, which was only made possible by a true revolution in home video."

THE ASSOCIATED PRESS

\$25M debut. Willis' New Die Hard lives up to its name at the box office

Bruce Willis' action sequel *A Good Day to Die Hard* debuted as the weekend's top draw with a \$25 million debut from Friday to Sunday. The 20th Century Fox release raised its domestic total to \$33.2 million since opening Thursday for Valentine's Day to get a jump on the long President's Day weekend.

The previous weekend's No. 1 movie,

Universal's comedy *Identity Thief*, ran a close second with \$23.4 million to lift its haul to \$70.7 million.

Debuting at No. 3 with \$21.4 million was Relativity Media's romance *Safe Haven*, starring Julianne Hough and Josh Duhamel in an adaptation of the Nicholas Sparks novel.

THE ASSOCIATED PRESS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fertile Fergie fesses up to having lovely baby bump



THE
WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovely-babybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while pro-



moting his new film, Safe Haven. "It's happening.

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically

calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs happened," she

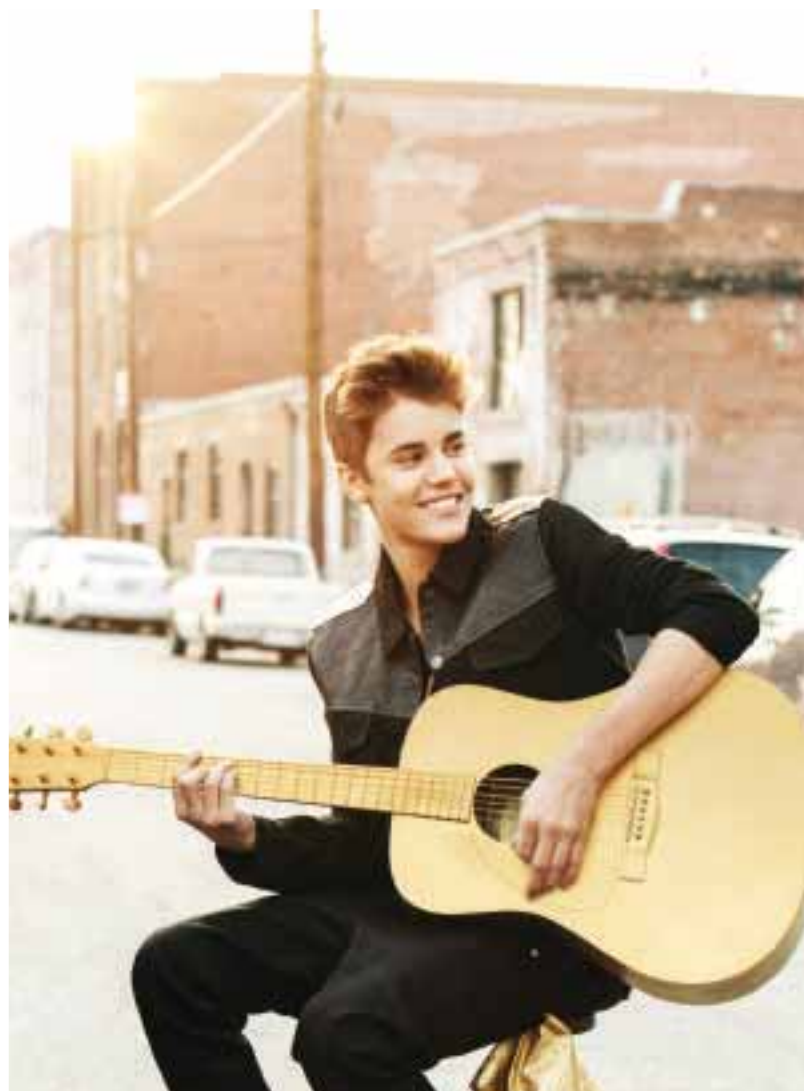
says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."



Brooke Shields GETTY IMAGES

Rihanna's relations causing fierce reaction

Some of Rihanna's fans are still not OK with her rekindled relationship with Chris Brown, and they're not afraid to show it. The singer was left injured outside a London nightclub after a fan hurled a bottle of Lucozade, a British energy drink, at her while screaming about her reunion with Brown, according to the New York Daily News. Witnesses say Rihanna fell against a metal shop grate during the ensuing mayhem, cutting her knee.



YOU COULD WIN A CONCERT DATE WITH BIEBER! METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Believe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

brought to you by



No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

3
LIFE

A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA
McGUINNESS
Metro World News

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.

He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?

I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...

Do you want to know the amount?

Sure.
108.

And how many of those did you crash?

A couple. It was an epic car chase.

Did you have to get in shape for the role?

A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy hav-



Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

ing to do that.

Was that for your role as the gladiator Varro in the TV series Spartacus?

Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...

Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?

Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking and jogging. I'd go first thing

in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?

We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?

Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have something to say if we tried to attempt it all ourselves.



Courtney suffered a self-inflicted injury on set. HANDOUT

Did you get any injuries on set?

None that I have any cool stories about. The only injury I got — and it was self-inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?

There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?

I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?

He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?

I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!

That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?

I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?

Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yip-pee ki-yay.

You can't say Yippee ki-yay!!??...

How come you don't have a catchphrase? Make one up now.

I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role...



1 in 5 Canadians will experience a mental health issue in their lifetime.

Mental Health Helpline

1-866-531-2600

www.MentalHealthHelpline.ca

Search for: Mental Health Helpline on Facebook
or @ConnexOntario on Twitter



Ontario



Get saucy to your liking with Salmon Teriyaki



ROSE REISMAN
for more, visit
rosereisman.com

This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

1. Preheat the oven to 425

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thick-

ened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per

inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. Salmon
2. Cod liver oil
3. Liver
4. Eggs
5. Caviar
6. Greek caviar dip taramosalata

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Add Asian flavour to your weeknight meal

For a meal idea that is quick and easy to prepare, try this Braised Chicken Thighs with Chinese Broccoli recipe.

The tangy sauce paired with the crisp Chinese broccoli adds excitement to a usual dinner staple that will easily become a new family favourite.

Also, any green vegetable like swiss chard, broccoli, asparagus, sautéed zucchini or spinach makes a great side dish for this chicken

1. Heat oil in Dutch oven or large saucepan over medium-high heat. Brown chicken on both sides, about 8 minutes

total. Remove chicken and set aside.

2. Add mushrooms to pan and cook over high heat until lightly browned, about 4 minutes. Place chicken in pan with the Stir-Fry Sauce and 1 cup (250 ml) water; cover and simmer over low heat until chicken is no longer pink inside, about 12 minutes.

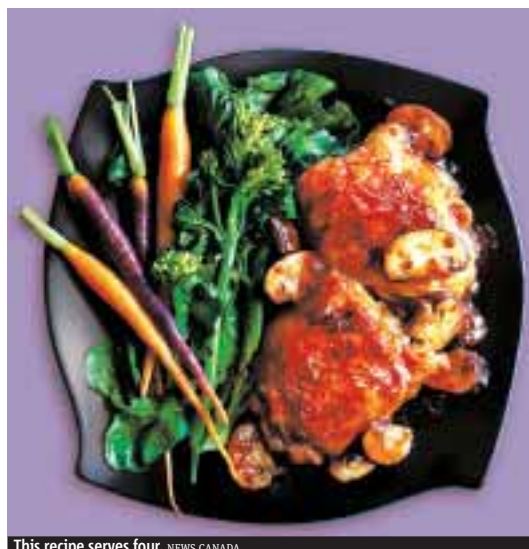
3. Meanwhile, in a large pot of lightly salted boiling water, cook broccoli until tender, about 8 minutes. Drain broccoli and serve alongside chicken once it is ready.

NEWS CANADA/ VH SAUCE

Ingredients

Prep time: 5 minutes
Cooking time: 30 minutes

- 1 tsp (5 ml) vegetable oil
- 8-9 chicken thighs, skin-on, bone-in (about 4 lb/2 kg)
- 3 cups (750 ml) finely sliced brown mushrooms
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1 lb (500 g) Chinese broccoli



This recipe serves four. NEWS CANADA

**DISCOVER
IMPROVE
ACHIEVE**

trios COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

BUSINESS & LAW

- Honours Business Administration
- Supply Chain & Logistics
- Accounting & Payroll Administration
- Paralegal (LSUC Accredited)
- Law Clerk
- Police Foundations

TECHNOLOGY

- Information Technology Professional
- Information Technology Administrator
- Enterprise Web & Mobile Developer
- Network Administrator
- Video Game Design & Development
- Web Technology Specialist

HEALTHCARE

- Physiotherapy Assistant
- Occupational Therapy Assistant
- Pharmacy Assistant
- Addiction Worker
- Medical Office Assistant
- Personal Support Worker
- Community Services Worker

**CONTACT
US TODAY!**

1-888-894-1384
careerin1.com
520 FIRST STREET, LONDON



This couple probably won't live happily ever after. iSTOCK IMAGES

Did your dream date turn out to be a nightmare?

How romantic. Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happily-ever-afters.

Mike Kozubski

I had been talking to this girl on the phone who I met on a dating site about a

year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much

to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey

I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and

a few other creepy crawlers made me decide to avoid online dating.

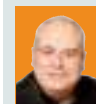
Kris

I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband. **METRO**

We're not filling up on appetizers

Dear Mr. Butler: I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes.

But since in most cases alcohol is being served so that your guests don't get

drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed.

But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.



One bite, two bites, but never, ever more. iSTOCK IMAGES



QuestChat™

NORTH AMERICA'S BUSIEST CHAT LINE

519.439.4444

Other Cities 1.888.482.8282

questchat.com

Dial #CHAT(83428) /75/ndr*
 Text "QUEST" to 86609 5570/ndr
 Free trial not applicable on #CHAT

\$29/50mins
 1.900.677.4444

FREE TRIAL

DOWNLOAD FREE APP

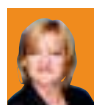
*SEE RESTRICTIONS APPLY



Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

Canada: The cybershopping juggernaut

Alison on Money. After years of growth, is online shopping the new norm?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and

mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazebos online, but didn't want to pay \$4,500 sight unseen. I finally chose a local company, which had

In numbers

82%

of online shoppers are satisfied with their buying experiences (www.metrics.com)

sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



RRSPs

The season for saving



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't

stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program.

Once your account is opened, individuals can contribute up to 18 per cent of their income, up to \$22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term



Build your savings. Contribute to your RRSP regularly and take advantage of free money.

ISTOCK IMAGES

by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

Follow Lesley on Twitter
[@LesleyScorgie](https://twitter.com/LesleyScorgie)



Career Training

WE MEAN BUSINESS

AT EVEREST COLLEGE

You're serious about your future. Everest College is serious about your success!

We offer career training in:

- Accounting and Payroll Administrator
- Business Administration
- Computer Business Applications Specialist
- Computerized Accounting

Call Now For More Information!
1-866-663-6845
Apply online at www.EverestToday.ca

Everest COLLEGE
www.everest-college.com • 416-491-1446

LONDON (Citi Plaza, 2nd Floor, corner of Wellington & York)

16 Convenient Locations in Ontario

Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.

Programs and schedules vary by campus. Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available.

RRSP
Deadline
March 1, 2013

Shop. Bank. Invest.



Ask us[†] about
Index Mutual Funds
for your RRSPs.*

Call 1-888-236-6358
or visit an in-store
pavilion today.
pcfinancial.ca/invest

President's Choice
FINANCIAL

* Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.
© PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc.
[†] President's Choice Financial personal banking services are provided by the direct banking division of CIBC.



In general, the amount you will need to save depends on a number of factors, including when you start saving. ISTOCKPHOTO/THINKSTOCK

Look out for your future

Rule of thumb. Experts recommend to try to put 10 per cent of annual income towards retirement

PAULINE
ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown.

"This will create the exer-

cise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement,

Savings for retirement

\$1 million

If you think you will need \$40,000 per year when you retire, bank on having \$1 million saved (that's right, one million), and if you can get by on only \$30,000, you will still need \$750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is be-

coming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services.

"We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

RSP vs TFSA. Pros and cons for financials funds

Confused about when and why to put money into in a retirement savings plan (RSP) as opposed to a tax-free savings account (TFSA)? Here is the scoop from some financial planning experts.

One advantage of an RSP is that you lower your taxable income during high income years, according to Sue Neal, regional director, Investors Group, Toronto. "You defer tax on an RSP to a time when you're retired and probably making less money and, therefore, in a lower tax bracket."

Another advantage is that

you don't pay tax on the profits of funds in an RSP, whether that's interest, capital gains, or whatever, Neal adds. "It's tax-deferred growth, so it compounds on top of the compounding; that's a real benefit."

For some people, the lure of an RSP is the possibility of a tax refund. But don't forget that when you access that money, "every single dollar coming out is taxed as regular income," say Jason Abbott, president of WEALTHdesign Inc., and a member of Advocis, The Financial Advisors As-

sociation of Canada.

You can put 18 per cent of your annual income into an RSP to a maximum (find out how much room you have in your RSP by looking on your notice of assessment from your previous tax filing).

A TFSA also offers tax-free growth, but you can only put in \$5,000 annually (this goes up to \$5,500 next year). However, the amount is cumulative; for example, if you haven't put any money into a TFSA since this option became available five years ago, you could theoretically start one



There are advantages in saving money for your retirement in both an RSP or a tax-free savings account. ISTOCKPHOTO/THINKSTOCK

with \$25,000 today.

TFSA funds are handy to have for large purchases — paying for your son's college or a trip to Europe — during retirement. "You don't want to take that money out of your RSP because, whammo, it gets added on to your T4 RIF (a popular retirement income fund option) at the end of the year," Neal says. PAULINE ANDERSON

Oscar Pistorius

Slain girlfriend's family searching for answers

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero murdered the model who was shot multiple times.

June Steenkamp, Reeve Steenkamp's mother, told The Times in a front-page interview published Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that she is gone," the newspaper quoted her as saying in a telephone interview. "In the blink of an eye and a single breath, the most beautiful person who ever lived is no longer here."

Pistorius, who remains in custody in a red-brick, one-storey police station in Pretoria, is set to return to court Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner and the reasons why he was charged with murder.

THE ASSOCIATED PRESS

MLB



"I'm not going to lose any sleep over it. If those guys feel I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 354-game winner is at Houston Astros spring training as a special instructor.

The message wasn't kept behind closed doors. Giroux made a public declaration that things had to change quickly. In his first chance to put his words into action, Giroux led by brilliant example.



Flyers forward Danny Briere, left, watches his shot slide past Islanders defender Mark Streit and goalie Evgeni Nabokov with Philadelphia's Mike Knuble screening on Monday in Uniondale, N.Y. The Flyers defeated the Islanders 7-0. SETH WENIG/THE ASSOCIATED PRESS

Giroux helps Flyers right ship vs. Islanders

NHL. New captain combines with Voracek, Read to ease Philly's road-trip woes

Claude Giroux had seen enough once the Philadelphia Flyers absorbed a one-sided defeat to Montreal in the midst of an already tough trip.

The new captain met with his club for a few minutes Saturday and told his teammates the effort and production weren't good enough from anyone — including himself.

The message wasn't kept behind closed doors. Giroux made a public declaration that things had to change quickly. In his first chance to put his words into action, Giroux led by brilliant example.

He scored 26 seconds into Monday's matinee against the

On Monday

7

Flyers

0

Islanders

New York Islanders and added a goal and assist in the second period of the Flyers' 7-0 win.

Giroux combined with linemates Matt Read and Jake Voracek for three goals and 10 points as Philadelphia (7-9-1) earned just its third road win in 12 away games this season.

"We played with attitude. High intensity, and played as a team," Giroux said. "That's how we have to play — a full 60 minutes. We didn't let down and we wanted to win. I think it showed."

Read had a goal and two as-

sists and Voracek had a career-high four assists. Ilya Bryzgalov made 19 saves for his first shut-out of the season and 30th in the NHL.

Giroux led from the opening shift that included a hit on Islanders star John Tavares before starting the scoring. He hadn't scored in seven games and netted only one goal in 14 after posting a goal in each of Philadelphia's first two games.

"When you're a young guy and you become captain, it's a pretty heavy weight sometimes," veteran forward Mike Knuble said. "A lot of the extra things that go along with being captain maybe drag you down a little bit and maybe make you feel like you're playing with a lot on your back."

"You could tell that he got something out of his system and was playing like the point-per-game guy that he is."

THE ASSOCIATED PRESS

Elsewhere on Monday

• **Senators 2, Devils 1.** Jakob Silfverberg beat Martin Brodeur to his stick side in the shootout and goalie Ben Bishop turned aside 30 shots for his first victory of the season, giving the Ottawa Senators a 2-1 win over the New Jersey Devils on Monday.

• **Avs 6, Predators 5.** Paul Stastny and Jamie McGinn scored 13 seconds apart in the second period and Colorado snapped a nine-game losing streak against Nashville. Shea Weber scored with 1:18 left to make it a one-goal game, the only score of the final period.

THE ASSOCIATED PRESS

4 SPORTS

SPORT & RECREATION SHOW

FIND YOUR FIT

200 FT. ZIPLINE

Largest indoor Zipline in Southwestern Ontario, saddle a horse, hit the batting cages and paintball obstacle course.

HEALTH & FITNESS

Running, Cycling, Billiards, Social Clubs, Test Fitness Equipment, Massages, Health Services, Nutrition and Supplements.

PRACTICE WITH:

Billiards, Pool, & more!

ALL ACTIVITIES ARE FREE WITH \$5 ADMISSION

THIS WEEKEND

SAT 10AM-6PM | SUN 10AM-5PM

WesternFairDistrict

@WesternFair #LDNSportRec

WESTERN FAIR district

be entertained
westernfairdistrict.com

Rasmus not worried about his future

MLB. Jays centre-fielder says he's focused on getting better, not on securing a long-term deal

This is a make-or-break season for Blue Jays centre-fielder Colby Rasmus. The 26-year-old veteran, in his fifth major-league season, is right in GM Alex Anthopoulos' contractual wheelhouse for locking in core players to multi-year deals. It remains up to Rasmus to prove he's a core player and he must get it done early in the season, since the Jays are earnest in

Quoted

"I feel like when I've been the best is when I'm aggressive, ready to get up there, not think of nothing and just ready to whack something when it looks good."

Toronto Blue Jays centre-fielder Colby Rasmus on his approach at the plate. One of the problems he seemed to have under former manager John Farrell was the philosophy of working the count that the former Red Sox pitching coach brought with him.

going for the gold.

However, personal job security and a guaranteed future for his family is not something that weighs heavily on his mind as camp opens. Rasmus laughs and maintains his priorities are not year-to-year, or day-to-day, but more minute-to-minute in how he needs to improve his performance.

"I like being here, but (a

long-term deal) is not really in my thought process right now," Rasmus said. "My thought process is focusing on what I'm doing, five, 10, 15 minutes from now. Getting myself ready to play these games, getting myself ready for the season to start, working on my ability to play.... The World Series and the rest will take care of itself."

Rasmus had been obtained at mid-season, 2011, from the Cardinals, after a public feud with manager Tony LaRussa. He has since struggled to fit in for his season and a half in Toronto.

New primary Jays hitting coach Chad Mottola is working with Rasmus to clear his head and raise his production to numbers long predicted.

"That's my job as a coach to make those adjustments," Mottola explained. "I want to keep things as simple as possible in their heads and not always worry about the other guy. A lot of times simple hitters are the best hitters, so I want things as simple as possible. It's working on his strengths." **TORSTAR NEWS SERVICE**



Toronto Blue Jays outfielder Colby Rasmus takes a big swing during batting practice on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Metro London Student Athletes of the Week!

Meet Metro's featured students from **Beal S.S.** This weekly feature highlights exceptional students in partnership with the Thames Valley District School Board.

STUDENT ATHLETE BROUGHT TO YOU BY...

SBA
STRIVE BASEBALL ACADEMY

US College Recruiting/Video • Private and Group Lessons
Personal Marketing • Weight Training and Conditioning

Contact Kirk at 519.200.2671 or
strivebaseball@gmail.com

Students, create your own job this summer.

Get up to **\$3,000** to start your own business.

Apply online:

ontario.ca/summercompany

Summer
Company

SMALL
BUSINESS
CENTRE



Ivan Rodriguez

Age 18

Sports: Sr. football, Rugby, Badminton and Track and Field

Study of Interest: Automotive studies at Fanshawe College

Athletic Achievements and Community Involvement:

Captain of Sr. football team, Student Leader for Elementary track and field meets at Beal. Volunteer for Beal Team Photo Day for all grades his whole career at Beal. Volunteer for all Beal basketball tournaments. Volunteer and tour guide for Beal grade 8 parents night.



Holly Le Sauvage

Age 18

Sports: Basketball, Volleyball, Soccer

Study of Interest: Waterloo for chemical engineering

Athletic Achievements and Community Involvement:

Beal 'PULSE' leader for spring conference, Beal Leadership Class Volunteer, Member of Trinity Lutheran Church Youth Committee, Volunteer for London united Soccer Club



**A NEW WAY
TO PLAY**

REGISTER NOW!
Register online at westernfairdistrict.com

LEAGUE STARTS
MAY 4th

Individual Rate **\$150** Team Rate **\$1,560**
per person (taxes incl.) per team (taxes incl.)

2013 CO-ED DIVISIONS:
From Novice to Adult 18+

SPORTS CENTRE

WESTERN FAIR
district

be entertained
westernfairdistrict.com

HP

HARRISON PENSA

In any case.

www.harrisonpensa.com



Horoscopes

Aries

March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

Taurus

April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

Gemini

May 22 - June 21
The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

Cancer

June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

Leo

July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

Virgo

Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

Libra

Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

Scorpio

Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

Sagittarius

Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

Capricorn

Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

Aquarius

Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

Pisces

Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

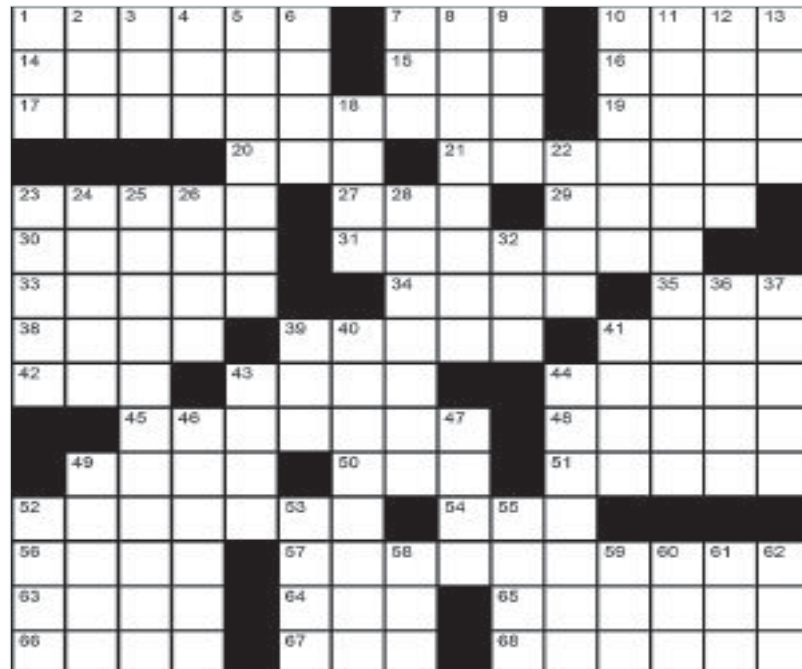
Crossword: Canada Across and Down

Across

- Canadian star of "Grey's Anatomy", ___ Oh
- Typing-efficiency meas.
- Briefly get ready
- Hawaiian greetings
- "___haw!"
- Lively circle dance
- Ottawa's ___ Buildings
- Departed one's bio
- Compass dir.
- Anne Hathaway's Oscar-nominated role in "Les Misérables"
- Early-'80s Tom Hanks sitcom, "___ Buddies"
- MLB's Diamondbacks, on scoreboards
- 'Chamel' completers
- Prefix to 'violet'
- Most profound
- Oscar-winner Sophia
- Happy
- Clock's l'il time segments
- "The Brady Bunch" son
- Cram
- Laboratory bottle
- Summer clock setting [acronym]
- Don't pass
- "___ bleu!"
- "Oh What a Feeling" band
- Signed, as a deal
- Norse thunder god
- Period
- Tavern orders
- What \$20 bills are made of
- Sault ___, Marie, Ontario
- 'Hypn' suffix
- RRRoll Up the Rim to Win chain: 2 wds.
- Same: French
- Wee weekday
- Greek Myth: Muse of astronomy
- Some punk music fans
- 'Enthusi' ender
- High school in "Grease" (1978)

Down

- Exhaust

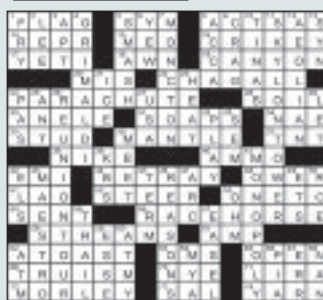


- Birmingham's l'il state
- Agatha Christie novel, ___ M?
- FedEx rival
- Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
- Wise ___ owl: 2 wds.
- X's spelled-out follower
- Montreal Neurological Institute founder, Dr. Wilder ___
- Prefix to 'morphosis'
- Pics
- Canadian actor Alan's singer/songwriter son: 2 wds.
- "Happy Days" actress Ms. Moran's

- Cracker topping
- Honey drink
- Require
- WWII's Battle of the ___
- "___..." (Prayer opener)
- Celeb's long ride to the Os-cars?: 2 wds.
- Portland, ___
- Frequent customer
- Salary
- More unique
- Toboggans
- Viewed
- Captain James T. Kirk ...the 'T.' stands for what?

- Weather ___ (Barn topper)
- Shape
- "Mimi on the Beach" singer
- Posh cars, Rolls-___
- Foolhardy
- Symbolic pole
- Apple or pear, in botany
- "At Last" singer Ms. James
- ___ of duty
- "How I ___ Your Mother"
- Small amount
- U2 song
- Nothing
- Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword

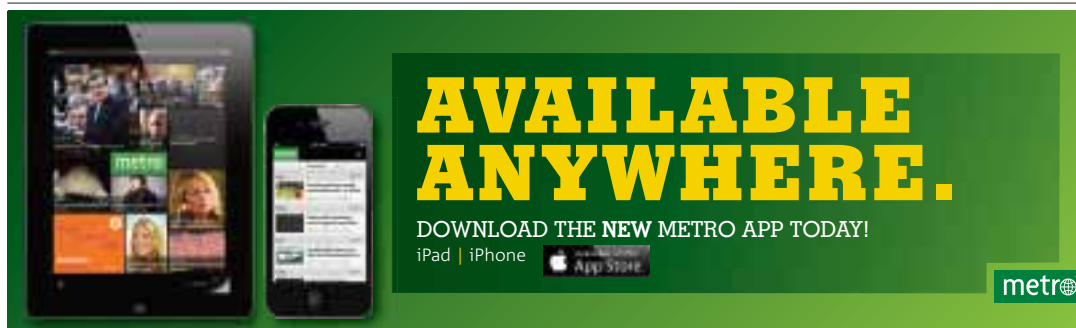


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



FEBRUARY
14TH - 19TH

5 DAYS ONLY!

WINTER CLEAROUT EVENT

SAVE UP TO AN
EXTRA \$1,000 IN CASH SAVINGS ON
ANY NEW IN-STOCK KIA

UP TO \$9,200 IN CASH SAVINGS



Forte SX shown²

Sorento SX shown²

Optima SX Turbo shown²

2013 FORTE

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

NOW ONLY

\$16,717*

INCLUDES
\$4,100
IN CASH SAVINGS*

ELECTRONIC STABILITY CONTROL HEATED SIDE-VIEW MIRRORS

Offer includes delivery, destination and fees of \$1,634 and **\$3,600 CASH SAVINGS*** and **\$500 CUSTOMER BONUS**. **BASED ON A PURCHASE PRICE OF \$20,329**. Offer based on 2013 Forte LX + AT.

2013 SORENTO

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.8L/100KM

AVAILABLE ALL-WHEEL DRIVE

7 PASSENGER SEATING AVAILABLE

NOW ONLY

\$27,312*

INCLUDES
\$4,500
IN CASH SAVINGS*

HEATED SEATS HEATED SIDE-VIEW MIRRORS ELECTRONIC STABILITY CONTROL

Offer includes delivery, destination, PPSA and fees of \$1,829 and **\$1,850 CASH SAVINGS***, **\$1,650 *3 PAYMENTS ON US* SAVINGS***, **\$500 DEALER CONTRIBUTION** and **\$500 CUSTOMER BONUS**. Based on a purchase price of \$26,824. Offer based on 2013 Sorento 3.5L LX.

2013 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM



INTERNATIONAL CAR OF THE YEAR ROAD & TRAVEL MAGAZINE[®]

NOW ONLY

\$19,117*

INCLUDES
\$5,000
IN CASH SAVINGS*

HEATED SEATS HEATED SIDE-VIEW MIRRORS

Offer includes delivery, destination and fees of \$1,988 and **\$4,000 CASH SAVINGS***. **BASED ON A PURCHASE PRICE OF \$23,983**. Offer based on 2013 Optima LX MT.



WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

LIKE US ON **FACEBOOK**
TO LEARN MORE.
facebook.com/kiaCanada
150,000+ Likes

KIA ENTERS THE TOP 100 GLOBAL BRANDS.

Best Global Brands 2012

Proud Partner
madd*
Saving Lives, Supporting Victims

Kia's new Customer Friendly Pricing includes delivery and destination fees and government fees. Prices do not include licensing or applicable taxes.

LONDON'S Airport

Family owned and operated



LIKE OUR FACEBOOK PAGE AND FOLLOW US ON TWITTER @LONDONSARPTKIA

(519)451-5555 • 2284 DUNDAS ST • kialondon.ca

Offer(s) available on select new 2013 models through participating dealers to qualified retail customers who take delivery by February 28, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, \$34 tire recycling/filter charges, \$5 OMVIC fee, environmental fee and \$100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes, variable dealer administration fees (up to \$399) and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% purchase financing is available on select new 2013 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX + AT (SR7580) with a selling price of \$29,078 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$224 per payment with a down payment/equivalent trade of \$0. *3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Sorento from a participating dealer between February 1-28, 2013. Customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of \$550 per month or can choose up to \$1,650 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends February 28, 2013. Cannot be combined with "Don't Pay for 90 Days" offer. ***Don't Pay For 90 Days" offer (90-day payment deferral) applies to purchase financing on select new 2012/2013 models. No interest will accrue during the first 60 days of the finance contract. After 90 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. *Bi-weekly finance payment O.A.C. for new 2013 Sorento LX AT FWD (SR7580) based on a selling price of \$29,078 is \$159 with an APR of 1.49% for 60 months, amortized over an 84-month period with a \$0 down payment or equivalent trade. Estimated remaining principal balance of \$8,131 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. **Lease offer available on approved credit on new 2013 Sportage 2.4L LX AT (SP7520) is based on monthly payments of \$272 (includes lease savings (lease credit) of \$500) for 48 months at 1.9% with a \$3,000 down payment/equivalent trade, security deposit and first monthly payment due at lease inception. Total lease obligation is \$16,830 with the option to purchase at the end of the term for \$10,048. Lease has 16,000 km/year allowance and \$0.12/km for excess kilometres (other packages available). License, insurance, applicable taxes and registration fees are extra. Retailer may lease for less. See dealer for full details. ***Cash purchase price for 2013 Optima LX MT (OP5410) is \$19,983 and includes a cash savings of \$4,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). The 2013 Kia Optima is the 17th annual winner of the ICOTY as presented by Road & Travel Magazine. *Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD 7-seater (SR7540)/2013 Sportage 2.0T SX with Navigation (SP7590)/2013 Optima SX Turbo AT (OP7480) is \$45,045/\$35,550/\$42,745 and includes delivery and destination fees of \$1,650/\$1,650/\$1,455, environmental fee and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$399), tire recycling and filter charges of \$34, OMVIC fee and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. *Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Sportage 2.4L MPI 4-cyl (A/T)/2013 Optima 2.4L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation.